## Health 1/23/19

EQ: What nutrition facts are important when looking at breakfast cereal?

CW: Cereal Comparisons

HW: Nutrition Word Search
Turn in Nutrition Cross Word

# Agenda

1. Mindfulness Writing Prompt

Carbohydrates and Food Advertisement

3. Cereal Comparisons

## Class Expectations

- 1. Listen and follow directions
- Raise your hand before speaking or leaving your seat
- Keep hands, feet and objects to yourself
- 4. Respect your classmates and teacher

## Open Ended Question

Write for three minutes without stopping: Could you ever be a vegetarian? Why or why not? If you are a vegetarian, why?



#### Whole Grain Ad Campaign

- Create a mini-poster to "sell" a whole grain
- Should include vitamin, mineral and fiber content of your grain
- Create a catchy slogan or campaign promise
- Be creative We will share these
- Finished? Begin HW

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## Stand, Share, Sit

- 1. Everyone stands
- 2. Take turns sharing your advertisement and information
- 3. Sit down after sharing

Good carbs are also referred to as complex carbohydrates. Their chemical structure and fibers require our bodies to work harder to digest, and energy is released over a longer time.

For the most part, good carbs are in their 'natural' state – or very close to it (including whole-grain breads, cereals and pastas).



Simple carbohydrates are smaller molecules of sugar that are digested quickly into our body. The energy is stored as glycogen in our cells, and if not used immediately gets converted to fat.

Bad carbs are generally 'processed' carb foods that have been stripped of their natural nutrients and fiber to make them more 'consumer friendly.'





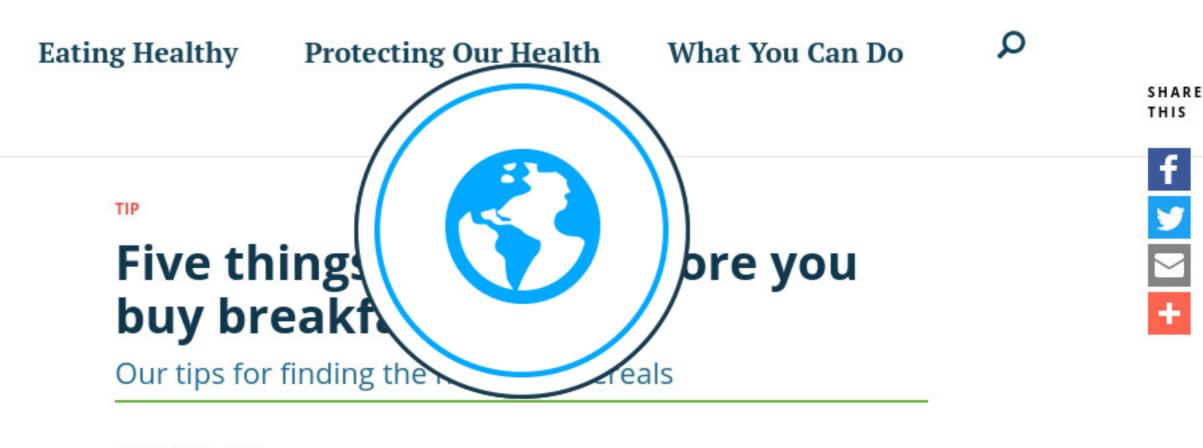
Refined

Breads

- LOW IN FIBER & NUTRIENTS
- HIGH GLYCEMIC INDEX (SEE BELOW)
- EMPTY CALORIES CONVERTED TO FAT
  - HIGH BLOOD GLUCOSE LEVELS = FEEL TIRED

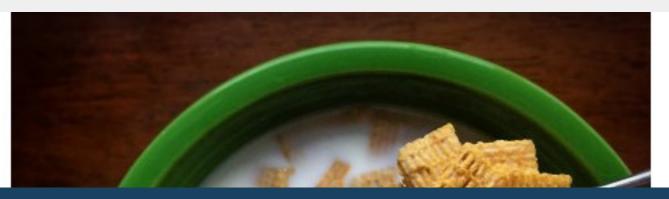






December 5, 2016

https://cspinet.org/tip/five-things-check-you-buy-breakfast-cereal



Name	Date

Cereal Name	Whole grain is the first ingredient? (Yes or No)	Serving Size	Total Fiber per serving or per gram	2 or more grams of fiber? (Yes or No)	Total grams of sugar per serving?	Less than 7 grams of sugar? (Yes or No)



https://www.youtube.com/embed/X3goPrQKE20



#### Collaborate!

What did you learn from today's activity and the breakfast